



“It’s funny how cucumber water can taste so much better than pickle juice, even though they come from the same source.”

~Ellen DeGeneres~

## Summer Squash

Research has found that summer squash is native to the Americas. Remains have been found in Central America and Mexico dating back as far as 7000 BC. It easily made its way up north into USA and Canada as people traveled and traded. The name squash is derived from the Algonquin word “askoot asquash,” meaning, “eating green.”

There are a lot of different varieties of summer squash. We, at Raw Roots Farm, are currently growing seven different types that you may find in your CSA share throughout the summer. We have Raven (green), Multipik (yellow), Crookneck (yellow), Zephyr (yellow with green tip), Gold Rush (yellow with white stripes), Golden Glory (bright yellow), and Patty Pan (the spaceship looking one). It is a prolific grower in the summer season, so it is constantly providing us with yummy, delicious food! I love adding it to any dish I make throughout the summer.



## This week’s CSA share contains:

- Lacinato, Siberian, or Red Russian Kale
- Assorted Summer Squash
- Walla Walla onions
- Black Summer Bok Choy
- Wyatt Green Bean
- Assorted Cucumbers
- Lettuce Mix
- Italian or Lemon Basil
- Rainbow Carrots



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Here is a recipe that incorporates squash, basil, carrot, bok choy, and onion from this week's CSA share!

## Ramen with Carrots, Squash, Bok Choy and Basil

Total Time: 30 Mins.

Servings: 2-4



### Ingredients

10 ounces dried ramen noodle	1 bok choy head, diced
1 Tbsp. sesame oil	1 lb. ground pork, or beef, or chicken (optional)
1/2 tsp. black pepper	1/2 onion, thinly sliced
3 Tbsp. miso paste (optional)	6 cups chicken or vegetable stock
2 Tbsp. low-sodium soy sauce	2 tsp. Sriracha
2-3 carrots, grated	1 summer squash, grated
4 large soft-boiled eggs (optional)	1/4 cup coarsely chopped basil

### Preparation

1. Heat 10 cups of water in a medium pot over the stove. Add salt and bring to a boil. Cook noodles according to package directions. Add bok choy to noodles during the last minute of cooking. Drain noodles and bok choy and rinse with cold water.
2. Heat sesame oil in a large pot over high heat. Add meat, salt and pepper and cook for about 3 minutes. Add miso and onions and cook for another 30 seconds, stirring to incorporate the miso. Stir in broth, soy cause and sriracha. Cook until the meat is done.
3. Grate carrots and squash using a mandolin, or a cheese grater.
4. Divide noodles, bok choy, carrot and squash among serving bowls. Top evenly with soup mixture, soft-boiled eggs (if using), and basil.

You can also chill the soup mixture and serve the whole thing cold for a refreshing treat on a hot day.